

## One of our lovingly created Kindred Recipes!

### Apple and Date Strudel

#### Ingredients

(Based on Family of 4)

- ✓ 300g Tinned apples
- ✓ 50g Chopped dates
- ✓ 1 Sheet puff pastry
- ✓ 1 Egg

#### Method

- ✓ Place the puff pastry onto a lined baking tray.
- ✓ Add the apples and dates onto the pastry in a line leaving enough pastry to fold over.
- ✓ Roll the pastry around the fruit and turn over so the seal is at the bottom.
- ✓ Slice small slits into the top of the pastry to let the steam out
- ✓ Beat the egg and then brush a small amount of the egg on top of the strudel.
- ✓ Heat the oven to 200 degrees and bake until golden brown.
- ✓ Serve and Enjoy!

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### Apple Pie

#### Ingredients

(Based on Family of 4)

- ✓ 300g Apples
- ✓ 1 Sheet of puff pastry

#### Method

- ✓ Place the apples at the bottom of a baking tray and top with the sheet of puff pastry.
- ✓ Bake in the oven at 200 degrees for around 40 minutes.
- ✓ Enjoy!

## One of our lovingly created Kindred Recipes!

### Banana Bread

#### Ingredients

(Based on Family of 4)

- ✓ 2 Peeled bananas
- ✓ 1 Large egg
- ✓ 50g Plain flour
- ✓ 1 Teaspoon of baking powder
- ✓ 25g Oats
- ✓ 1 Tablespoon of caster sugar
- ✓ 1 Teaspoon of vanilla extract

#### Method

- ✓ Preheat the oven to 190 degrees. Grease and line a loaf tin.
- ✓ Mash the banana.
- ✓ Add the egg to the banana and mix well.
- ✓ Sieve the flour and baking powder and fold into the banana mixture. Add the oats, sugar and vanilla extract.
- ✓ Pour the mixture into the tin.
- ✓ Bake for 15 minutes until cooked through and firm to touch.
- ✓ Cool on a wire rack, slice, serve and enjoy!

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### Fruit Fool

#### Ingredients

(Based on Family of 4)

- ✓ 200g Tinned or fresh fruit
- ✓ 300g Custard
- ✓ 15g Oats

#### Method

- ✓ If using fresh fruit, chop and stew for 10 minutes or until soft and allow to cool.
- ✓ Combine to fruit and custard.
- ✓ Sprinkle the oats evenly over the fruit and custard mix.
- ✓ Serve and enjoy!

## One of our lovingly created Kindred Recipes!

### Peach and Strawberry Tart

#### Ingredients

(Based on Family of 4)

- ✓ 300g Tinned peaches
- ✓ 65g Fresh strawberries
- ✓ 1 Sheet of shortcrust pastry
- ✓ 2 Tablespoons of sugar-free jam

#### Method

- ✓ Prick the pastry sheet, bake until golden brown and leave to cool.
- ✓ Spread the sugar-free jam over the cooled pastry.
- ✓ Lay the fruit on top of the sugar-free jam
- ✓ Serve and enjoy!

## One of our lovingly created Kindred Recipes!

### Rhubarb Fool

#### Ingredients

(Based on Family of 4)

- ✓ 200g Tinned or fresh rhubarb
- ✓ 300g Custard
- ✓ 15g Oats

#### Method

- ✓ If using fresh rhubarb, chop and stew for 10 minutes or until soft.
- ✓ Combine the rhubarb and custard.
- ✓ Sprinkle the oats evenly over the rhubarb and custard mix.
- ✓ Serve and enjoy!

## One of our lovingly created Kindred Recipes!

### Sugar-Free Apple Crumble

#### Ingredients

(Based on Family of 4)

- ✓ 600g Apples
- ✓ 2oz Stork
- ✓ 2oz Plain flour
- ✓ 3oz Oats

#### Method

- ✓ Mix the stork, flour and oats together to make a crumble mix.
- ✓ Place the apples at the bottom of a baking tray and top with crumble mix.
- ✓ Bake in the oven at 180 degrees for around 45 minutes.
- ✓ Serve and enjoy!

## One of our lovingly created Kindred Recipes!

### Sugar-Free Date Muffins

#### Ingredients

(Based on Family of 4)

- ✓ 125g Plain flour
- ✓ 90g Chopped dates
- ✓ 65ml Hot water
- ✓ 40g Sultanas
- ✓ 2 Bananas
- ✓ 1 Teaspoon baking powder
- ✓ 1 Teaspoon bicarbonate of soda
- ✓ 1 Egg
- ✓ 1 Teaspoon vanilla extract
- ✓ 40ml Vegetable oil

#### Method

- ✓ Put sultanas into a bowl and cover with boiling water.
- ✓ Blend the dates and 40ml of hot water into a smooth paste.
- ✓ Mash the bananas and add to the date paste.
- ✓ Beat the egg and add to the banana and dates along with the vanilla extract, the vegetable oil and the drained sultanas.
- ✓ Sieve the flour, baking powder and bicarbonate of soda into a bowl.
- ✓ Slowly add and mix in the wet ingredients.
- ✓ Spoon out the mix into cupcake cases and heat the oven to 180 degrees.
- ✓ Cook for 30 minutes or until cooked through.
- ✓ Serve and enjoy!